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Outline

Eating healthy food

A lot of people in this world spent hours working every day. To go to work or school and to be successful you have to have a good health. The most important three things is sleep well, eat healthy, and exercise. I would like to write about eating healthy because what you eat or drink affects your health. I choose eating healthy because I would like to let you know what your body need. And if your body has everything you need you can sleep well and exercise.

1. Healthy food supply nutrients.
2. Give you energy.
3. Help your brain.
4. Healthy eating can lower the risk for disease.
5. Eating fruit and vegetable.
6. Give you vitamin and calcium.
7. Healthy eating can manage certain disease.
8. Lower blood sugar.
9. Lower cholesterol.
10. Lower blood pressure.